



RUTHERFORD COUNTY SENIOR CENTER CALENDAR OF EVENTS – JANUARY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNOWFALL GUESS Pick up a “paper” snowflake from Barbara or Crystal and write the dates you think it will snow during the month of January.	If you have questions about the Center or would like to make an appointment with a certified SHIP counselor call 287-6409	SENIOR CENTER HOURS OF OPERATION: MON. 7:30 a.m.–5:00 p.m. TUES. – FRI. 8:30 a.m.–5:00 p.m. COMING IN FEBRUARY: PARADE OF TABLES FUNDRAISER SENIOR GAMES REGISTRATION	CLOSED FOR NEW YEARS 	8:45 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 12:30 Slow-moving Exercise 1:00 Table Tennis 6 – 9 p.m. NEW YEAR'S DANCE (cost \$5/doors open at 5:45 p.m.)
8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 9:30-11:30 Computer Assistance 10:00 Yoga 10:15 CRAFTING W/CRYSTAL: MAKING SNOWMEN 1:00 Table Tennis	8:30 Wednesday Walk 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 “50 QUESTIONS TO GET TO KNOW SOMEONE” 12:30 Oil Art Group 12:30 Slow-moving Exercise 5:30 ZUMBA	9-11 Silver Threads & Needles 10:30 “ELVIS CELEBRATION: MUSIC, FUN & GAMES” 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 12:30 Just Dance 1:00 Wii FUN	8:45 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise 1:00 Table Tennis
8:45 Aerobics 9-11 BLOOD PRESSURE CHECK 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise 5:30 ZUMBA	9-11 Silver Threads & Needles 9:30-11:30 Computer Assistance 10:00 Yoga 10:30 “HOW TO DE-CLUTTER” – “PART I: DIFFERENCE BETWEEN COLLECTING & HOARDING” 1:00 Table Tennis	8:30 Wednesday Walk 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 PEN PALS 12:30 Oil Art Group 12:30 Slow-moving Exercise 5:30 ZUMBA	9-11 Silver Threads & Needles 10:30 RUTHERFORD HOUSING PARTNERSHIP: “HELP A NEIGHBOR CAMPAIGN” 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 12:30 Just Dance 1:00 Wii FUN	8:45 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise 1:00 Table Tennis
CLOSED FOR MARTIN LUTHER KINGS DAY 	9-11 Silver Threads & Needles 9:30-11:30 Computer Assistance 10:00 Yoga 10:30 MAKING PINECONE BIRD FEEDERS 1:00 Table Tennis 5:15 MEET & EAT – FAT TRACY'S IN SPINDALE	8:30 Wednesday Walk 8:45 Aerobics 9-11 Silver Threads & Needles 9:30 TEA PARTY 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 10:30 HOSPICE: “AN OVERVIEW OF SERVICES” 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 12:30 Just Dance 1:00 Wii FUN	8:45 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise 1:00 Table Tennis
JANUARY 20 – 30: SUPERBOWL GUESS: Make your prediction for the 2015 Super Bowl – See Barbara or Crystal to pick up a paper football to record your guess.				
8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 RECIPE CLUB 12:30 Slow-moving Exercise 5:30 ZUMBA	9-11 Silver Threads & Needles 9:30-11:30 Computer Assistance 10:00 Yoga 10:30 “A WALK THROUGH THE SNOW” 1:00 Table Tennis	CLOSED – STAFF TRAINING DAY	9-11 Silver Threads & Needles 10:30 “USE IT OR LOSE IT” 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 12:30 Just Dance	8:45 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 11:30 BIRTHDAY RECOGNITION 12:30 Slow-moving Exercise 1:00 Table Tennis

DAILY DROP-IN EVENTS: Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Exercise Equipment, TV & Conversation, Puzzles

ALSO AVAILABLE: Computer Lab, Library, Daily Local Newspaper, Magazines, Coupon Room, Medical Equipment, Notary Public, Wi-Fi, Scheduled Transit Stop